



OMBUDSMAN NOTE

Hello! My name is Kristen Horstick and I will be transitioning to be the new Ombudsman for Patrol Squadron 65. Mrs. Stuart, the current Ombudsman, is enjoying her new baby and preparing for a move in August. I will be working with her during this busy time.

The first thing I would like to say is Thank You! Your effort in supporting your spouse while they are serving our country is very important. A strong support system through home and family is imperative to a healthy and happy reserve force.

As the new Ombudsman I will be your first point of contact for information on family support programs, community news, phone numbers, and official information released from the command. I will be working directly with CMDMC Flavin and have the full support of Commander O'Connell and Commander Waurio.

The Ombudsman program was put in place to help military spouses and families. You may not be aware of the programs and numerous resources to help families cope with the unique challenges of military life. Part of my job will be to make you aware of all the opportunities available to you.

Please contact me with any questions, concerns, or ideas you may have.

I look forward to working with all the families of "Tea m Trident".

Kristen Horstick

We Need You!

What activities would benefit you and your family?
What information do you need most?

You are the spouses and families of VP-65 and your input is vital!

Suggestions for future events include:

- ***Bring your Kid to Work Day***
- ***New Baby Club*** – Supply support for newborns and their tired moms and dads.
- ***Family Det Night*** – Get your questions answered and socialize.
- ***Family Safety Day*** – Learn CPR, have your car examined, car seat safety check, and natural disaster preparedness.

Would you be interested in volunteering?
Any effort you can make, large or small would be appreciated.

LET'S HEAR FROM YOU!

Contact your Ombudsman

WEB LINKS

Look to the official VP-65 web site, <http://www.vp65.navy.mil>, and a link to my Ombudsman web page in the near future.

Currently you can find a wide variety of information through several web sites.

Just a few include:

www.lifelines2000.org: The site features numerous links to navy support systems and is the Navy's Ombudsman web site.

www.nmcrs.org: The Navy & Marine Corps Relief Society site contains office locations, services, and links to other support organizations.

www.navres.navy.mil/navresfor: The Commander, Naval Reserve Force web site contains links to other sites in addition to a wide range of general information.

LEARN AND HAVE FUN!

Want to brush up on your parenting skills?
Are you a new military spouse and need information?
Do you want to enrich your relationships?

The Fleet and Family Support Center may have the class you need.

A brief sampling:

- Military Spouse 101
- Parenting Ages 0 to 4
- Couples Communication
- Stress Management
- Boost Your Self Esteem
- Coaching Support: Create the Life You Want

Call the FFSC at 982-5037 or 989-8146 for more information. Classes are held at Port Hueneme and Point Mugu.
